

AMENDMENTS TO THE CLAIMS

The following listing of claims will replace all prior versions and listings of claims in the application.

LISTING OF CLAIMS

1. (Currently Amended) A method of applying therapy with a therapeutic device, the therapeutic device including a container having a pocket on an outer surface of the container, a hot/cold gel **hermetically sealed** within the container, and a member removably positioned within the pocket, the member having at least one light source capable of emitting therapeutic light, the method comprising applying the therapeutic device to a user's body with the light source directed to emit therapeutic light generally toward the user's body for applying at least one of heat therapy, cold therapy, and therapeutic light to the user's body.

2. (Original) The method of claim 1, wherein the method includes using the therapeutic device to generally simultaneously apply therapeutic light and one of heat or cold therapy to the user's body.

3. (Original) The method of claim 1, wherein the therapeutic device includes a massager, and wherein the method includes activating and applying the massager to the user's body.

4. (Previously Presented) The method of claim 3, wherein the method includes using the therapeutic device to generally simultaneously apply massage therapy, therapeutic light, and one of heat or cold therapy to the user's body.

5. (Previously Presented) The method of claim 1, wherein the method includes removing the member having the light source from the pocket, heating the hot/cold gel within the container, and repositioning the member having the

light source within the pocket prior to applying the therapeutic device to the user's body.

6. (Previously Presented) The method of claim 1, wherein the method includes removing the member having the light source from the pocket, cooling the hot/cold gel within the container, and repositioning the packet within the pocket prior to applying the therapeutic device to the user's body.

7. (Original) The method of claim 1, wherein the method includes activating the light source to apply therapeutic light to the user's body.

8. (Previously Presented) The method of claim 1, wherein the device comprises an attachment device, and wherein applying the therapeutic device to a user's body includes using the attachment device to attach the therapeutic device to the user's body.

9. (Currently Amended) A therapeutic device comprising a container including a pocket on an outer surface of the container, a non-electrical agent **hermetically sealed** within the container for applying at least one of hot therapy and cold therapy, and a member including at least one light source for emitting therapeutic light, the member being sized to be positioned within the pocket.

10. (Previously Presented) The device of claim 9, wherein the non-electrical agent comprises a hot/cold gel.

11. (Original) The device of claim 9, wherein the device further comprises a massager coupled to the container.

12. (Original) The device of claim 9, wherein the light source emits at least one of infrared light and near-infrared light.

13. (Original) The device of claim 9, wherein the light source emits light having a wavelength within a range of about 680 nanometers and about 880 nanometers.

14. (Original) The device of claim 9, wherein the light source comprises a plurality of LEDs.

15-17. (Cancelled)

18. (Currently Amended) The device of claim 9, wherein the container includes at least one externally flexible surface portion ~~coupled to, and wherein the member includes~~ a switching device that is positioned internally relative to the container's flexible surface portion when the member is positioned within the pocket such that movement of the container's flexible portion switchably connects the light source to a power source.

19. (Original) The device of claim 9, further comprising an attachment device for attaching the device to a user's body.

20. (Original) The device of claim 19, wherein the attachment device comprises an adhesive bandage strip coupled to the container.

21. (Currently Amended) A therapeutic device comprising at least one light source for emitting therapeutic light, a hot/cold gel pack, ~~[[and]]~~ an adhesive bandage strip for attaching the device to a user's body with the light source directed to emit therapeutic light generally towards the user's body and with the hot/cold gel pack positioned to apply hot or cold therapy to the user's body, a relatively thin flexible substrate, at least one power source supported by the substrate, at least one conductive lead mounted on the substrate and electrically connecting the light source to the power source, and at least one switching device supported by the substrate for switchably connecting

the light source to the power source, wherein the at least one light source is surface mounted on the substrate, whereby the substrate and the hot/cold gel pack have sufficient flexibility for allowing the therapeutic device to be bent in conformance with a contoured portion of a user's body.

22. (Original) The device of claim 21, wherein the light source emits at least one of infrared light and near-infrared light.

23. (Original) The device of claim 21, wherein the light source emits light having a wavelength within a range of about 680 nanometers and about 880 nanometers.

24. (Original) The device of claim 21, wherein the light source comprises at least one LED.

25-34. (Cancelled)

35. (Previously Presented) The method of claim 1, wherein the at least one light source comprises a plurality of LEDs for producing therapeutic light at two or more different wavelengths including 680 nanometers, 730 nanometers, and 880 nanometers, and wherein the method includes activating the LEDs to apply therapeutic light at two or more different wavelengths including 680 nanometers, 730 nanometers, and 880 nanometers.

36. (Previously Presented) The device of claim 9, wherein the device is packaged in a vacuum-sealed package, and wherein the non-electrical agent is configured to generate one of heat or cold when the package is opened thereby exposing the device to air.

37. (Previously Presented) The device of claim 9, wherein the at least one light source comprises a plurality of LEDs for producing therapeutic light at two or more different wavelengths including 680 nanometers, 730 nanometers, and 880 nanometers.

38. (Previously Presented) The device of claim 21, wherein the at least one light source comprises a plurality of LEDs for producing therapeutic light at two or more different wavelengths including 680 nanometers, 730 nanometers, and 880 nanometers.

39-45. (Cancelled)

46. (Previously Presented) A therapeutic device comprising a member including at least one light source for emitting therapeutic light, a hot/cold gel pack configured in a generally annular shape having a central opening, the central opening sized to frictionally receive the member having the at least one light source so as to form an interference fit therewith.

47. (Previously Presented) The device of claim 46, further comprising a massager, and wherein the hot/cold gel pack is removably attached to the massager.

48. (New) The method of claim 1, wherein the member comprises a relatively thin flexible substrate on which is surface mounted the light source, at least one power source supported by the substrate, at least one conductive lead mounted on the substrate and electrically connecting the light source to the power source, and at least one switching device supported by the substrate for switchably connecting the light source to the power source, and wherein the method includes activating the switching device to activate the light source to apply therapeutic light to the user's body.

49. (New) The method of claim 48, wherein activating the switch includes squeezing the container while the member is within the pocket such that external pressure is applied to an outer portion of the pocket to activate the switching device.

50. (New) The device of claim 9, wherein the member comprises a relatively thin flexible substrate on which is surface mounted the light source, at least one power source supported by the substrate, at least one conductive lead mounted on the substrate and electrically connecting the light source to the power source, and at least one switching device supported by the substrate for switchably connecting the light source to the power source.

51. (New) The device of claim 50, further comprising at least one ribbon cable mounted on the substrate, wherein the light source comprises at least one LED surface mounted to the ribbon cable, and wherein at least a portion of the conductive lead is surface mounted to the ribbon cable.

52. (New) The device of claim 21, further comprising at least one ribbon cable mounted on the substrate, wherein the light source comprises at least one LED surface mounted to the ribbon cable, and wherein at least a portion of the conductive lead is surface mounted to the ribbon cable.

53. (New) A therapeutic device comprising a container having a pocket, at least a portion of the container integrally forming at least a portion of said pocket, a non-electrical agent hermetically sealed within the container for applying at least one of hot therapy and cold therapy, a relatively thin flexible substrate removably positioned within the pocket, at least one LED surface mounted on the substrate and capable of emitting therapeutic light, at least one power source supported by the substrate, at least one conductive lead surface mounted on the substrate and electrically connecting the light source to the power source, and at least one switching device supported by the substrate for

switchably connecting the light source to the power source, whereby the container and the substrate have sufficient flexibility for allowing the therapeutic device to be bent in conformance with a contoured portion of a user's body.

54. (New) The device of claim 53, further comprising at least one ribbon cable mounted on the substrate, wherein the LED is surface mounted to the ribbon cable, and wherein at least a portion of the conductive lead is surface mounted to the ribbon cable.